



**SPORTS AUTHORITY OF INDIA**

**SYLLABUS FOR DIPLOMA IN SPORTS COACHING**

**DISCIPLINE: CANOEING & KAYAKING**

**COURSE CODE: CK - 06**



<b>Total Credits: 24</b>	<b>Semester – I</b>	<b>L</b>	<b>Assignment</b>	<b>P/FW</b>	<b>SW</b>	<b>TOTAL CREDIT UNITS</b>
		<b>60</b>	<b>6</b>	<b>280</b>	<b>20</b>	<b>12</b>
		<b>(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)</b>				
	<b>Semester – II</b>	<b>L</b>	<b>Assignment</b>	<b>P/FW</b>	<b>SW</b>	<b>TOTAL CREDIT UNITS</b>
		<b>60</b>	<b>6</b>	<b>280</b>	<b>20</b>	<b>12</b>
		<b>(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)</b>				

### **COURSE OBJECTIVES:**

- To train and educate coaches
- Attempts to promote and develop excellence in coaching canoe-kayak sprint sport
- To combined technology with training
- To impart knowledge and develop the concept of coaching skills in kayaking and canoeing.
- To enrich the performance skills for demonstration and explanation of techniques to the athletes and bring these techniques into practice.
- To enable the coaches to design the training Programme for their athletes as per their requirements.
- To explain the performance factors for Kayaking & Canoeing: Motor Qualities, Techniques and Tactics.
- To ensure that they can do the performance assessment by using qualitative and quantitative methods for development of Kayaking & Canoeing.

### LEARNING OUTCOMES:

- Trainee will get knowledge about history and origin of canoe and kayak
- Trainee will be able to know about the equipment specification of canoe and kayak
- Trainee will be able to learn about the rules and regulations of kayak and canoe
- Develop the fundamental skills of canoeing & kayaking
- Develop understanding about use of technology in canoe and kayak
- Student will understand the physiological, biomechanical, kinesiological and psychological basis of canoeing & Kayaking
- Observe and analyse key components of sprint racing techniques
- Recognize and understand the key elements and the skill set required for Sprint Canoeing
- Recognize, understand and implement various race strategies dependent on distance

### SKILLS DEVELOPED:

- Leadership skill
- Critical thinking
- Decision making
- Effective Communication
- Problem solving
- Team work
- The principles behind delivering effective reviews from video analysis
- Use of modern technology within the sport
- Planning sessions
- Profiling and training charts

## DETAILED SYLLABUS - SEMESTER I

### THEORY I

**Total Credit: 6**

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (Period)	Online/Class room	Faculty
1.	<b>INTRODUCTION OF THE COURSE:</b> <ol style="list-style-type: none"> <li>a. Course Objectives and Learning Outcomes</li> <li>b. Different agencies of sports-eco-system, their structures and the roles:               <ol style="list-style-type: none"> <li>i) IOC,</li> <li>ii) ISFs,</li> <li>iii) IOA,</li> <li>iv) NSFs</li> <li>v) SOA/SSF's/SAS</li> <li>vi) MOYAS,</li> <li>vii) SAI &amp; Other Bodies</li> <li>viii) NIS -Academic Wings</li> </ol> </li> </ol>	L	10	Class Room	In House & guest
2.	<b>INTRODUCTION TO THE CANOE SPRINT</b>	L	10	Class Room	In House & guest
	<ol style="list-style-type: none"> <li>a. Origin &amp; History of Canoeing &amp; Kayaking</li> <li>b. History, Vision &amp; Mission- ICF &amp; IKCA</li> <li>c. The Definition of Canoe Sprint Discipline (CSP)</li> <li>d. World Records and Olympic Events of Canoe Sprint</li> <li>e. ICF Recognized International Competitions &amp; Events of Canoe Sprint</li> <li>f. Introduction to ICF Disciplines – Flat Water, White Water &amp; Ocean Racing</li> </ol>				
3.	<b>REQUIREMENTS OF ESTABLISHING CANOE SPORT, EQUIPMENT SPECIFICATION &amp; SAFETY &amp; RESCUE</b>	L	10	Class Room	In House & guest
	<ol style="list-style-type: none"> <li>a. Requirements of establishing Canoe Sprint</li> </ol>				

	b. Categories and boats specifications c. Selection of Boats d. Selection of Canoe & Kayak Paddles e. Parts of the boats f. Storage and handling the boats g. Maintenance & Repairing of Equipment h. Terminology of Canoe Sprint i. Difficulty in water j. Basics of swimming k. Safety Guidelines l. Personal Safety m. Self-Rescue n. Assisted rescue o. Handling of Power Boats				
4.	<b>DETERMINATING ABILITIES OF CANOEING AND TALENT IDENTIFICATION</b>	L	05	Class Room	In House & guest
	a. Determining abilities in sprint Canoeing b. The performance determined by some elite athletes and coaches c. The physical characteristics of elite athletes and International trends d. The psychological profile of elite athletes e. Canoe Sport for Children f. Talent identification g. Talent Identification concepts				
5.	<b>INTRODUCTION OF TECHNIQUE, HYDRODYNAMICS OF CANOEING AND PROCESS OF SELECTING BEGINNERS AND TEACHING TECHNIQUE AND INTERRELATED PRINCIPLES OF CANOEING &amp; KAYAKING</b>	L	10	Class Room	In House & guest
	a. The role of technique in canoeing				

	<b>b. The brief history of technique</b> <b>c. Hydrodynamics of Canoeing</b> <b>d. Stages of Teaching and Learning Process</b> <b>e. Stages of Technique progression</b> <b>f. Process of teaching Kayak technique</b> <b>g. Process of teaching Canoe technique</b> <b>h. Interrelated principals of Kayaking &amp; Canoeing</b> <ul style="list-style-type: none"> <li>• Common factors of technique</li> <li>• Balance &amp; Stability</li> <li>• The Stroke's</li> <li>• Coordination</li> <li>• Rhythm</li> <li>• Dynamics</li> <li>• Style</li> <li>• Efficiency&amp; Breathing</li> <li>• Teaching &amp; Coaching Lesson Plan</li> </ul>				
6.	<b>A) BASIC KAYAKING TECHNIQUE</b>	L	05	Class Room	In House & guest
	1. The Paddle and The Grip Position 2. The Position and Posture in A Kayak 3. Balance 4. The Summary of Entry 5. The Draw (Power Application) 6. The Summary of Power Phase 7. The Exit Phase 8. The Relaxation Phase (Air Work) 9. Firming (Preparation for The Next Stroke) 10. The Leg Works 11. Common Mistakes in Kayak Technique				

	<b>B) BASIC CANOEING TECHNIQUE</b>	<b>L</b>	<b>05</b>	<b>Class Room</b>	<b>In House &amp; guest</b>
	1. The Paddle and The Grip Position 2. The Kneeling Position in C1 3. The Position and Posture in Canoe 4. Balance 5. The Catch (Entry) 6. The Draw (Power Application Phase) 7. Steering – Control of Canoes 8. The Exit 9. Relaxation/ Firming 10. The Effect of Cross Wind on The Canoe 11. Trunk Rotation and Lifting 12. Required Elements Of The Technique 13. Common Errors in Canoe Technique				
<b>7.</b>	<b>TECHNIQUE OF CREW-BOATS ADVANCE CANOEING &amp; KAYAKING TECHNIQUE</b>	<b>L</b>	<b>05</b>	<b>Class Room</b>	<b>In House &amp; guest</b>
	1. Training in Crew Boats 2. Crew-boats in Kayak 3. Crew-boats in canoe 4. Advance Technique Principles 5. Power circle 5 the connection with all circles 6. Commandment a. First 10 Commandments b. Second 10 Commandments				

## PRACTICAL I

**Total Credit: 6**

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours	Online/ Class	Faculty
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			(Period)	room	
1.	<ul style="list-style-type: none"> <li><b>Adaptation to the training :</b></li> <li><b>Structural and orderly exercise:</b> <ol style="list-style-type: none"> <li>Organization of the class</li> <li>Marching in different formations</li> </ol> </li> <li><b>Warming up:</b> <ol style="list-style-type: none"> <li>General warming up exercises</li> <li>Specific warming up exercises</li> </ol> </li> <li><b>Warming Down</b> <ol style="list-style-type: none"> <li>During Training</li> <li>During Competition</li> </ol> </li> <li><b>Canoe Sprint</b> <ul style="list-style-type: none"> <li>Teaching &amp; Coaching Lesson Plan</li> </ul> </li> </ul>	P-20	40	Field	In House
2.	<ul style="list-style-type: none"> <li><b>Development of physical fitness components:</b> <ul style="list-style-type: none"> <li>General preparation</li> <li>Beginning of sports</li> <li>Continued specialization</li> <li>Advanced sports specialization</li> </ul> </li> <li> <ol style="list-style-type: none"> <li>Agility</li> <li>Flexibility</li> </ol> </li> </ul>	P-20	40	Field	In House
3.	<b>SAFETY GUIDELINES &amp; RESCUE</b>	P-20	40	Field	In House
	<ol style="list-style-type: none"> <li>Basics of swimming</li> <li>Safety Guidelines</li> <li>Personal Safety</li> <li>Self-Rescue</li> <li>Assisted rescue</li> <li>Rescue Skills</li> <li>Open water towing</li> </ol>				
4.	<b>Basic of Canoeing</b>	P-25	50	Field	In House



	<ul style="list-style-type: none"> <li>• Basic Terminology of Canoe</li> <li>• On dry land or pontoons</li> <li>• Paddle setting up</li> <li>• How to hold</li> <li>• Basic Position</li> <li>• The right place and posture in the canoe</li> <li>• Basic Coordination Drills</li> <li>• Movements and muscles analysis</li> <li>• Exercise and muscle</li> </ul>				
<b>5.</b>	<b>Basic of Kayaking</b>	<b>P-25</b>	<b>50</b>	<b>Field</b>	<b>In House</b>
	a. Basic Terminology of Kayak b. On dry land or pontoons c. Paddle setting up d. How to hold e. Basic Position f. The right place and posture in the Kayak g. Basic Coordination Drills h. Movements and muscles analysis i. Exercise and muscle				
<b>6.</b>	<b>a. Lifting, carrying and launching the Boats in water and basic strokes</b> <b>b. Technique Of Crew-Boats Advance Canoeing &amp; Kayaking Technique</b>	<b>P-30</b>	<b>60</b>	<b>Field</b>	<b>In House</b>

	<ul style="list-style-type: none"> <li>a. Parts of the Boats</li> <li>b. Holding Gripping</li> <li>c. Basic Balancing Skills</li> <li>d. Capsize,</li> <li>e. Swim and self-rescue</li> <li>f. Rescue a capsized paddler</li> <li>g. Advance Balancing Skills</li> <li>h. Without Paddle Siting &amp; Kneeling</li> <li>i. Holding Paddle in Air</li> <li>j. Standing in Boat</li> <li>k. Capsize and Sitting in Water</li> <li>l. Learning of paddling Strokes ex: - Forward, sweep, Backward, j stroke.</li> <li>m. Training in Crew Boats</li> <li>n. Crew-boats in Kayak</li> <li>o. Crew-boats in canoe</li> <li>p. Advance Technique Principles</li> <li>q. 5 Power circle and the connection with all circles</li> <li>r. First 10 Commandments</li> <li>s. Second 10 Commandments</li> </ul>				
6.	<b>TALENT IDENTIFICATION &amp; EVALUATION CANOE SPRINT</b>	<b>P-5 SW/FW-5</b>	<b>20</b>	<b>Field</b>	<b>In house</b>
	<ul style="list-style-type: none"> <li>a. General Observation</li> <li>b. Training and Overtraining                             <ul style="list-style-type: none"> <li>• Judgement of Overload</li> </ul> </li> </ul>				

	<ul style="list-style-type: none"> <li>Symptoms of overload and its control</li> <li>De-hydration</li> </ul> <b>C. Canoe Sprint</b> <b>Anthropometrical Measurement</b> <ul style="list-style-type: none"> <li>Body composition</li> <li>c. Motor abilities tests</li> <li>d. Talent identification Criteria</li> </ul>				
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## DETAILED SYLLABUS - SEMESTER II

### THEORY II

**Total Credit: 6**

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (Period)	Online/Class room	Faculty
1.	<b>TRAINING FOR VARIOUS MOTOR ABILITIES OF CANOEING, TRAINING METHODS &amp; INTENSITY USED IN CANOEING, CONDITIONING WITH SUPPLEMENTARY SPORTS AND MONITORING</b>	L	15	Class Room	In House & guest
	<ul style="list-style-type: none"> <li>Training:               <ol style="list-style-type: none"> <li>Principles of Training</li> <li>Physiological training effects</li> <li>The transition of training system at various age</li> <li>Children and exercise</li> <li>Stages of long term preparation</li> </ol> </li> <li>Endurance:               <ol style="list-style-type: none"> <li>Aerobic Endurance</li> <li>Anaerobic Endurance</li> <li>Endurance in Canoeing</li> <li>Endurance Development</li> <li>Test of Endurance</li> </ol> </li> </ul>				

	<ul style="list-style-type: none"> <li>• Strength Development               <ul style="list-style-type: none"> <li>a. Muscle Analysis</li> <li>b. The Muscular Strength</li> <li>c. Training Methods for Strength Development</li> <li>d. Strength Development by Isotonic Methods</li> <li>e. Training Modalities</li> <li>f. When to exercises and how much?</li> <li>g. The Planning the training Programme</li> <li>h. Warm Up and Stretching for Strength training</li> <li>i. Conditioning and Strength Development Exercises</li> <li>j. Examples Strength Development Training</li> </ul> </li> <li>• The Speed               <ul style="list-style-type: none"> <li>a. Maximum and Starting Speed</li> <li>b. Travelling or Racing Speed</li> <li>c. Training Speed</li> <li>d. The Stroke Rate</li> <li>e. The Speed and the Stroke rate</li> <li>f. Speed Endurance</li> <li>g. Pacing</li> <li>h. Pacing in competition</li> <li>i. Speed Development</li> </ul> </li> <li>• Training Methods:               <ul style="list-style-type: none"> <li>a. The Training methods in Canoeing</li> <li>b. Examples for interval training</li> <li>c. Training Zones</li> <li>d. Training at various ages</li> <li>e. Volume and intensity of workouts</li> <li>f. Supplementary training for endurance development</li> </ul> </li> </ul>				
2.	<b>TRAINING AT VARIOUS AGE'S (LTDP)</b>	L	10	Class Room	In House & guest

	<ul style="list-style-type: none"> <li>• Beginner</li> <li>• Advanced</li> <li>• Training Of 10-13-Year-Old Paddlers (Beginner)</li> <li>• Training Of 14 – 15-Year-Old Paddlers (1-3 Years Background)</li> <li>• Training Of 16-18-Year-Old Athletes (3-5 Years Background in Canoeing)</li> <li>• Training of Above 18 upto Under 23 Years</li> <li>• Training for Elite Athletes</li> <li>• LTADP of successful countries</li> </ul>				
3.	<b>KAYAKING &amp; CANOEING SPECIFIC SPORTS SCIENCE ATTRIBUTES</b>	L	05	Class Room	In House & guest
	<ul style="list-style-type: none"> <li>• Physiological characteristics of canoe sprint paddlers.</li> <li>• Biomechanical and kinesiological analysis of paddling of canoe and kayak</li> <li>• Psychological aspects in Canoeing</li> <li>• Qualities and qualifications of Canoeing Coach</li> </ul>				
4.	<b>PLANNING A TRAINING PROGRAMME, CANOE SPRINT PERFORMANCE MONITORING AND RACING TACTICS IN CANOE SPRINT</b>	L	10	Class Room	In House & guest
	<ul style="list-style-type: none"> <li>• <b>Periodisation:</b> <ul style="list-style-type: none"> <li>• Components of a yearly Training Programme</li> <li>• Training Periods</li> <li>• Elements of a yearly Training Programme</li> <li>• Training schedule for a Year</li> <li>• Reaching top Performance – “Peaking” or “tampering”</li> <li>• The block periodization</li> </ul> </li> <li>• <b>PERFORMANCE MONITORING</b> <ul style="list-style-type: none"> <li>• Understanding of relationship between intensity and volume</li> </ul> </li> </ul>				

	<ul style="list-style-type: none"> <li>• Training Intensity Measurements</li> <li>• Heart Rate measurement training</li> <li>• Training using Boat speed</li> <li>• Training using Stroke rate</li> <li>• High technology support for training</li> <li>• Training &amp; planning as per Duration:               <ul style="list-style-type: none"> <li>-Session Plan</li> <li>-Short term plan</li> <li>-Medium term Plan</li> <li>-Long term plan</li> </ul> </li> <li>• Training &amp; Planning as per developmental/calendar age:               <ul style="list-style-type: none"> <li>-Grass root</li> <li>-Beginners</li> <li>-Intermediate</li> <li>-Advance</li> <li>-Elites</li> </ul> </li> </ul>				
5.	<b>RACING TACTICS IN CANOE SPRINT</b>	L	10	Class Room	<b>In House &amp; guest</b>
	<ul style="list-style-type: none"> <li>• The warming up,Stretching and Recovery</li> <li>• The Start-Canoe&amp;Kayak</li> <li>• The Finish</li> <li>• Breathing During Race</li> <li>• Long-Distance &amp; Middle-Distance</li> <li>• Wake Riding or Wash Hanging</li> <li>• Racing / Training in Strong Wind and Rough Water</li> <li>• Nutrition at the Competition</li> <li>• Ergogenic Aids</li> <li>• Behavior, slipping, rest and lifestyle</li> <li>• Environmental Factors of the Competition</li> <li>• Check List of competition</li> <li>• Short distance Racing</li> <li>• Comparison between 200m and 500m / 100m</li> <li>• Testing of 200m specialist</li> <li>• Conclusion of the principle of requirements</li> </ul>				

	<ul style="list-style-type: none"> <li>• Training for 200m</li> <li>• Psychological demands for 200m</li> <li>• Teaching &amp; Coaching Lesson Plan</li> </ul>				
6.	<b>INTERPRETATION OF ICF RULES OF VARIOUS DISCIPLINES</b>	L	10	Class Room	In House & guest
	<ul style="list-style-type: none"> <li>• ICF Sport Governance Rules (Cr)</li> <li>• ICF Principle Rules (PR)</li> <li>• ICF Sport Rules (SR)</li> </ul>				

## PRACTICAL II

**Total Credit: 6**

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (Period)	Online/Class room	Faculty
1.	<b>EXPOSURE TO TRAINING FOR VARIOUS MOTOR ABILITIES OF CANOEING, TRAINING METHODS &amp; INTENSITY, CONDITIONING WITH SUPPLEMENTARY SPORTS AND MONITORING</b>	P-25	60	Field	In house
	<ul style="list-style-type: none"> <li>• Training:               <ul style="list-style-type: none"> <li>f. Children and exercise</li> <li>g. Stages of long term preparation</li> </ul> </li> <li>• Endurance:               <ul style="list-style-type: none"> <li>f. Aerobic Endurance</li> <li>g. Anaerobic Endurance</li> <li>h. Endurance in Canoeing</li> <li>i. Endurance Development</li> <li>j. Test of Endurance</li> </ul> </li> <li>• Strength Development               <ul style="list-style-type: none"> <li>k. Muscle Analysis</li> <li>l. Training Methods for Strength Development</li> </ul> </li> </ul>				

	m. Strength Development by Isotonic Methods n. Warm Up and Stretching for Strength training o. Conditioning and Strength Development Exercises  • The Speed j. Maximum and Starting Speed k. Travelling or Racing Speed l. Training Speed m. The Stroke Rate n. The Speed and the Stroke rate o. Speed Endurance p. Pacing q. Pacing in competition r. Speed Development  • Training Methods: g. The Training methods in Canoeing h. Examples for interval training i. Training Zones j. Training at various ages k. Volume and intensity of workouts l. Supplementary training for endurance development				
2.	<b>TRAINING AT VARIOUS AGE'S (LTDP)</b>	P-25	60	Field	In house/ Guest
	• EXPOSURE IN TRAINING TO: • Beginner • Advanced • Training Of 10-13-Year-Old Paddlers (Beginner) • Training Of 14 – 15-Year-Old Paddlers (1-3 Years Background) • Training Of 16-18-Year-Old Athletes (3-5 Years Background in Canoeing) • Training of Above 18 Years of Age Or • Elite Athletes • Preparation of Training plan				



3.	<b>PLANNING A TRAINING PROGRAMME,</b>	<b>P-30</b>	<b>60</b>	<b>Field</b>	<b>In house</b>
	<ul style="list-style-type: none"> <li>• <b>Periodisation:</b> <ul style="list-style-type: none"> <li>• <b>Preparation of a yearly Training Programme</b></li> </ul> </li> <li>• Training &amp; planning as per Duration:               <ul style="list-style-type: none"> <li>-Session Plan</li> <li>-Short term plan</li> <li>-Medium term Plan</li> <li>-Long term plan</li> </ul> </li> <li>• Training &amp; planning as per developmental/calendar age:               <ul style="list-style-type: none"> <li>-Grass root</li> <li>-Beginners</li> <li>-Intermediate</li> <li>-Advance</li> <li>-Elites</li> <li>- Teaching &amp; Coaching Lesson Plan</li> </ul> </li> </ul>				
4.	<b>RACING TACTICS IN CANOE SPRINT</b>	<b>P-30</b>	<b>60</b>	<b>Field</b>	<b>In house</b>
	<ul style="list-style-type: none"> <li>• The warming up,Stretching and Recovery</li> <li>• The Start-Canoe&amp;Kayak</li> <li>• The Finish</li> <li>• Breathing During Race</li> <li>• Long-Distance &amp; Middle-Distance</li> <li>• Wake Riding or Wash Hanging</li> <li>• Racing / Training in Strong Wind and Rough Water</li> <li>• Exposure to:               <ul style="list-style-type: none"> <li>• Environmental Factors of the Competition</li> <li>• Preparation and check list for competition</li> <li>• Short distance Racing</li> <li>• Comparison between 200m and 500m / 100m</li> <li>• Testing of 200m specialist</li> </ul> </li> <li>• Training for 200m</li> </ul>				

	<ul style="list-style-type: none"> <li>Preparation of race course</li> </ul>				
5.	<b>CANOE SPRINT PERFORMANCE MONITORING and Me</b>	<b>P-20</b>	<b>40</b>	<b>Field</b>	<b>In house</b>
	<b>a. Test and Controls</b> <ul style="list-style-type: none"> <li>Max Speed Test (100 m) flying start</li> <li>Drop of Speed Test</li> <li>1000 Meters Test</li> <li>500 Meters Test</li> <li>200 Meters Test</li> </ul> <b>b. Controls</b> <ul style="list-style-type: none"> <li>Daily</li> <li>Weekly</li> <li>Monthly</li> <li>Quarterly</li> </ul>				
6.	<b>Mechanical analysis of Canoe/Kayak Stroke and making Draws of races</b> <ul style="list-style-type: none"> <li>Video analysis</li> <li>Technical Aspects</li> <li>Tactical Aspects</li> <li>Preparing draws for various event entry</li> </ul>	<b>SW/FW/L</b>	<b>20</b>	<b>Field</b>	<b>In House</b>

**Training Books, Journals, Online Resources Prescribed for Trainees**

## ICF RULE BOOK 2019

[https://www.canoeicf.com/sites/default/files/rules\\_canoe\\_sprint\\_2019.pdf](https://www.canoeicf.com/sites/default/files/rules_canoe_sprint_2019.pdf)

### Canoe sprint coaching Manual Level 1, 2 & 3

[https://www.canoeicf.com/sites/default/files/icf\\_csp\\_coaches\\_manual\\_level\\_23\\_.pdf](https://www.canoeicf.com/sites/default/files/icf_csp_coaches_manual_level_23_.pdf)

### Training structure by Csaba Szanto [http://canoekayak.ca/wp-](http://canoekayak.ca/wp-content/uploads/2014/06/Athlete-Development-Model-Csaba-Szanto.pdf)

[content/uploads/2014/06/Athlete-Development-Model-Csaba-Szanto.pdf](http://canoekayak.ca/wp-content/uploads/2014/06/Athlete-Development-Model-Csaba-Szanto.pdf)

Billat, V., Faina, M., Sardella, F., Marini, C., Fanton, F., Lupo, S., Faccini, P., De Ange - lis, M., Koralsztein, J.P. and Dalmonte, A. (1996) A comparison of time to exhaustion at 2V&O max in elite cyclists, kayak paddlers, swimmers and runners. A biomechanical analysis of the Olympic-style flatwater kayak stroke. *Medicine and Science in Sports and Exercise*, 12, 183-188

Attila Szabó (HUN Master coach) sztorony@t-online.hu University of Szeged Faculty of Art Graduate School of Educational Sciences

DR. MIKLÓS FISCHER, HUNGARIAN PSYCHOLOGIST COOPERATION WITH THE HUNGARIAN KAYAK-CANOE TEAM

### Periodization Training for Sports 3rd Edition

Tudor O. Bompá Carlo Buzzichelli

<https://us.humankinetics.com/>

### The Technology of Sprint Racing Canoe and Kayak Hull and Paddle Design

By Michael Glen Robinson, Lauren E. Holt and Thomas W. Pelham

<https://journals.sagepub.com/doi/abs/10.1177/1754337111407793>

<https://journals.humankinetics.com/view/journals/jab/31/4/article-p258.xml>

<https://ojs.ub.uni-konstanz.de/cpa/article/view/617>

<https://content.sciendo.com/view/journals/hukin/65/1/article-p45.xml>

ASSESSMENT			
Theory Monthly Assessments	Semester 1	Semester 2	Internal/External %
	CA-1	CA-2	(I) 40%/ (E)60%
Monthly Practical/Lab/Field	✓	✓	(I) 40%/ (E)60%
Monthly Quiz/Assignments	X	✓	(I) 40%/ (E)60%
Project/Research Work	X	✓	(I) 40%/ (E)60%